



Mossfield Primary School Knowledge Organiser



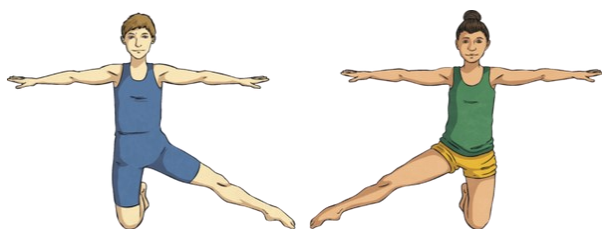
Year 3 – Spring 1

Dance

During this Gymnastics unit children will focus on symmetry and asymmetry in movements. They will work with a partner to demonstrate and create movements including jumping and turning. Children will learn how to adapt their actions for apparatus.

Key Learning

To identify and demonstrate symmetrical and asymmetrical balances on different body parts.



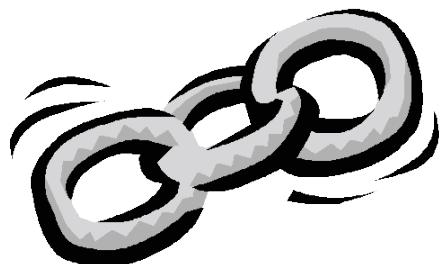
To move and balance showing specific planned shapes and variations in level and speed.



To individually and with a partner, be able to analyse and say why they like a sequence.



To understand and show how to link smoothly travelling, jumping, turning and balancing movements.



To perform a simple matching sequence side by side with a partner to show symmetrical and asymmetrical shapes.



To adapt and transfer ideas and skills onto appropriate apparatus.



Key Vocabulary

analyse	Examine (something) methodically and in detail, typically in order to explain and interpret it.
apparatus	The technical equipment needed for a particular activity or purpose.
asymmetry	Lack of symmetry.
balance	Stay in a steady position so that it does not fall.
jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
roll	Moving by turning over and over on an axis.
sequence	A particular order in which related things follow each other.
spin	Turn or cause to turn or whirl round quickly.
symmetry	One half is the mirror image of the other half.